

Thursday, November 18, 1999

## TCDT complete, crew on STS-103 mission ready for launch Dec. 6



## KSC health facilities offer help for annual Great American Smokeout



▲ **Shuttle Update:** The STS-103 crew finished their Terminal Countdown Demonstration Test activities yesterday with training on emergency egress from the orbiter plus inspection of the Hubble servicing cargo in Space Shuttle Discovery's payload bay. At press time, they were scheduled to leave KSC in their T-38 jets about 3 p.m. Shuttle managers will convene the STS-103 Flight Readiness Review tomorrow to discuss the overall readiness of all Space Shuttle systems for flight.



▲ **Today is the Great American Smokeout**, a nationwide initiative that asks smokers to quit smoking for 24 hours. Smoking is the most preventable cause of premature death in the United States. Smoking causes heart and lung disease and

is the single most important cause of cancer mortality, accounting for 30 percent of all cancer deaths. More than four in five of the 48 million Americans who smoke say they want to quit, and there are many programs and aids to help. Information about the effects of smoking and smoking cessation programs and plans will be available at all Occupational Medicine Clinics (OHF, LAC, CAC) on Nov. 18, or anytime during normal hours of operation. For more information or counseling, please call Carol Roth, 867-3414, or e-mail her at [Carol.Roth-1@ksc.nasa.gov](mailto:Carol.Roth-1@ksc.nasa.gov).

◆ **CPR Training:** Classes in Cardiopulmonary Resuscitation (CPR) for NASA civil service and contractor employees are being offered in the aerobics classroom of the O&C Fitness Center on Friday mornings from 8:30 a.m. to noon. The training is open to civil servant and contractor

employees. Contractors should arrange this training through their company's training departments and the Parrish Medical Center training dept. at 268-6196. This training is voluntary and intended for those **not** requiring CPR certification for their job. To register for a class, please e-mail [Gwen.Lewis-1@ksc.nasa.gov](mailto:Gwen.Lewis-1@ksc.nasa.gov) and let her know the date you wish to attend. For more information, please contact [Philip.Scarpa-1@ksc.nasa.gov](mailto:Philip.Scarpa-1@ksc.nasa.gov)

◆ **KSC 2000 Assuring Our Future:** The KSC 2000 Team wants to encourage everyone to visit its KSC 2000 Web Site for information on the team's efforts and progress. Just go to the KSC Internal Home Page and click on **KSC 2000** under **Major Projects/KSC's Future**. You can send the team questions and ideas via e-mail by selecting **KSC2000web** from the MS Exchange global address list. The team looks forward to receiving comments, suggestions, and ideas, and having a continuing dialog with employees. Remember the basic tenets:

- Existing work must continue safely and successfully.
- No employee will lose his or her civil service status, but some may have new opportunities to assure our future as a Center.
- Our customers need us to be successful.
- We want and need your input, understanding, and full support.

◆ **Did You Know?** For information about Mission STS-103, plus photos and art work of the equipment and servicing tasks, you can go the mission Web site: <http://hstsci.gsfc.nasa.gov/art/sm3a.pdf>.

KSC Countdown is published every Tuesday & Thursday.

Deadlines: 10 a.m. the day before. Send information, comments or questions to:

E-mail – [Anita.Barrett-1@ksc.nasa.gov](mailto:Anita.Barrett-1@ksc.nasa.gov) ◆ Mail Code – IDI-011 ◆ Telephone – 867-2815  
Countdown on the Internet -- <http://www-pao.ksc.nasa.gov/kscpao/ksccount/1999/1999.htm>